**Mike O'Hearn's Power Bodybuilding: Chest Workout**
www.bodybuilding.com/fun/mike-ohearn/power-bodybuilding/chest-workout.html

**DAY:**_____ **DATE:**_____ **TIME:**_____ am/pm

**CARDIO TODAY:** YES NO

_____ **EXERCISE**

_____ **DURATION**

**LENGTH OF WORKOUT:** _____

**WEIGHT:** _____

**LOCATION:** _____

**MOOD WHEN STARTING:** _____

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 lbs for 10 reps, you would write "100 x 10". The grey boxes below are not used.

| EXERCISE | SETS | REPS | SET 1 | SET 2 | SET 3 | SET4 | SET 5 | SET 6 |
|---|---|---|---|---|---|---|---|---|
| Incline press (warm-up) low weight | 1-3 | | | | | | | |
| Incline press (working set) max weight | 6 | 5 | | | | | | |
| Flat bench dumbbell press | 4-5 | 10 | | | | | | |
| Incline dumbbell flye | 3 | 8-10 | | | | | | |

**NOTES**

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